

広報とうかい 9/25 号

1. 10月の休日診療
2. 10月の健康体操
3. 健康相談
4. 安定ヨウ素剤配布に当たっての説明・配布会を開催します
5. インフルエンザワクチン予防接種の費用助成
6. 住民検診を実施します
7. 百塚保育所「こあらひろば」
8. 「ピーターパンサークル」(後期) 会員募集
9. 村立幼稚園・認定こども園(教育認定) 平成31年度園児募集
10. グランドピアノを弾いてみませんか(第3期)
11. 磐梯山ハイキング
12. 那珂市産業祭

Koho Tokai 25 Sep., 2018

1. Weekend Medical Services in Oct.
2. Calisthenics Class in Oct.
3. Health Checks for Infants and Toddlers in Oct. at Tokai Health Center
4. Briefing about and Distribution of Stable Iodine Tablets
5. Subsidized Influenza Vaccinations
6. Health Checks for Residents
7. Venue for Parents and Children to Receive Assistance with Childcare
8. Peter Pan Circle
9. Admissions Information of Village Kindergarten for 2019
10. Rent a Grand Piano for Private Practice
11. Hiking Tour to Mt. Bandai
12. Industrial Festival 2018 at Naka-city

1. Weekend Medical Services in Oct.

Hours: 9:30 a.m. - 2:00 p.m., except noon-1:00 p.m. (Hours are available for all locations.)

Sun. 7: Tokai Clinic, ph.029-283-1711

Mon. 8: Tokai Hospital, ph.029-282-2188

Sun. 14: Muto Pediatric Clinic, ph.029-282-7722

Sun. 21: Higashihara Clinic, ph.029-283-2301

Sun. 28: Tokai Hospital, ph.029-282-2188

Ibaraki Prefecture 24 Hour Emergency Medical Information Control Center,
ph. 029-241-4199

Ibaraki Children's Resource Line, ph. #8000 (for mobile phones), or 029-254-9900:
Between Mon. and Fri. 6:30p.m.-8:00a.m. of the following day. Sundays, public
holidays, 8:00 a.m.-8:00 a.m. of the following day.

2. Calisthenics Class in Oct.

Stretch and yoga exercise classes will be held at Tokai Welfare Center “Kizuna”.

Eligible people: Residents aged 30- 64 years old.

Date: Every Thursdays and Saturdays in Oct. except Thu. 25, Sat. 6 and 20.

Time: 9:30 - 11:00 a.m.

Others: First-time attendees need to apply.

Inquiries: SC Smile Tokai Secretariat, Tokai Gymnasium, ph. 029-283-1001

3. Health Checks for Infants and Toddlers in Oct. at Tokai Health Center

(1) Mother and Child Health Consultation

Date: Fri. 12 Oct.

Time: 9:30 - 11:00 a.m.

1:00 - 2:00 p.m.

(2) “Genki-up” Health Consultation

Date: Fri. 12 Oct.

Time: 9:00 - 11:30 a.m.

1:00 - 5:00 p.m.

(3) Health Check for Babies

1) Infants born in May 2018

Date: Wed. 3 Oct.

Time: 1:00 - 1:45 p.m.

2) Children (born in Mar. 2017) aged 1 year and 6 months old

Date: Thu. 4 Oct.

Time: 1:00 - 1:45 p.m.

3) Children (born in Aug. 2015) aged 3 years old

Date: Wed. 10 Oct.

Time: 1:00 - 1:45 p.m.

4) Dental Checks for Children (born in Mar. 2016) aged 2 years and 6 months old

Date: Thu. 11 Oct.

Time: 1:00 - 1:45 p.m.

5) Baby (born in Jul. 2018) class

Date: Fri. 5 Oct.

Time: 1:00 - 1:20 p.m.

6) “Dental Checkup day” (born in Nov. 2017) classes

Date: Tue. 30 Oct.

Time: 9:30 - 10:00 a.m.

Please make an appointment in advance.

Inquiries: Tokai Health Center, ph. 029-282-2797

4. Briefing about and Distribution of Stable Iodine Tablets

Stable iodine tablets will be distributed to residents who live in Tokai Village by Ibaraki Prefecture and Tokai Village. In order to receive stable iodine tablets, participation in the distribution meeting is required and a set of information papers should be brought to the meeting. All the information papers will be sent out by late Jul.. If you lose them, please ask for new ones at the reception desk on that day.

If you have already had stable iodine tablets, please change them to the new one.

A household representative (18 years old and above) can receive stable iodine tablets for all the members of the family. In that case, the household has to bring the numbered tickets, the check sheets and the old stable iodine tablets or jelly (if your child is 3 years old or under) of the family.

[Notice to the guardian who has child of age 3 as of the end of Sep. 2018]

Please return the stable iodine jelly.

What is stable iodine tablet?

A stable iodine tablet is a prescribed product for preventing radioactive deficiency by radioactive iodine. The stable iodine tablet will be distributed in advance and taken quickly in case of a nuclear disaster.

Date: Sun. 30 Sep.

Time: 9:00 - 11:30 a.m., 1:00 - 4:30 p.m.

Place: Tokai Welfare Center “Kizuna”

Others:

*Reservation is not required. You can come at your convenience. Please note it will be crowded in the morning.

*If you have already received the explanation about stable iodine tablets, the explanation can be omitted by checking the “explanatory contents reconfirmation filed” on the back of the numbered ticket that will be sent with other papers in an envelope by late Jul..

* Next distribution of stable iodine tablets will be held in Jan. or Feb. 2019.

Inquiries:

-About distribution of stable iodine tablet: Ibaraki Prefectural Pharmaceutical Administration, ph. 029-301-3384

-About the schedule and place of briefing and distributing meeting: Disaster Prevention and Nuclear Energy Safety Section, ph. 029-282-1711 ext. 1522

5. Subsidized Influenza Vaccinations**What's an influenza vaccination?**

Influenza vaccinations can be effective in preventing influenza or reducing the severity of symptoms. Immunity lasts for about five months from two weeks after the injection (or second injection for children under 13). Recipients should be aware of side effects or adverse reactions, and only receive the vaccination when in good health condition.

The following groups are entitled to subsidized vaccinations.

Term: Mon. 1 Oct.- Thu. 31 Jan. 2019

1) Eligible people: Children between the aged of one (as of 1 Oct. 2018) and 15 years old (3rd year junior high).

Cost: 1,000 yen vaccination.

Application:

Vaccination coupons will be sent out in late September.

No need to apply for the subsidy unless you moved to Tokai Village after September. In that case, applications will be available at the Tokai Health Center.

2) Eligible people: Residents 65 years and over. (The age of the vaccination day)

Cost: Free

Application:

Vaccination coupons for residents born up to 1 Dec. 1953, will be sent out in late September. Please be sure to receive the injection after your 65th birthday.

Vaccination coupons for residents born between 2 and 31 Dec. 1953, will be sent out from November.

3) Eligible people: Residents between 60 and 64 years old with level one disabilities (e.g. heart disease, kidney disease, and respiratory disease).

Cost: Free

Application:

-If you are going to receive a vaccination for the first time, bring your physical disability certificate to apply at the Tokai Health Center.

-Previous recipients only need to call the Tokai Health Center in advance.

4) Eligible people: Residents of households who are between one and 64 years in age and exempt from municipal resident tax.

Cost: Free

Application:

Bring your 'municipal inhabitant taxation certificate to apply for the influenza vaccination subsidy' (Tokai Village influenza wakuchin sesshuyo son/kenminzei hikazei shomeisho) to Tokai Health Center. If there are any applicants in your family between the ages of 1 to 15 years old, bring the vaccination coupon as well.

*To apply for the 'municipal inhabitant taxation certificate to apply for the influenza vaccination subsidy' (Tokai Village influenza wakuchin sesshuyo son/kenminzei hikazei shomeisho), bring your ID (e.g. driver's license or insurance card) and fill out an application form at the Tax Section (Tokai Village Office 1F). It will cost 200 yen. Anyone who moved to Tokai Village after 2 Jan. 2018 also needs a certificate of taxation from the local government office at their former address.

5) Eligible people: Residents between one and 64 years old who receive public assistance.

Cost: Free

Application:

Vaccination coupons will be sent out in late September.

No need to apply for the subsidy.

In case you didn't receive the coupon, bring your 'certificate of public assistance'

(seikatsu hogo jukyusho) to apply at the Tokai Health Center. Also, please bring the vaccination coupon if there are any applicants in your family between the ages of 1 to 15 years old.

*Residents aged 16 to 64 except those who are eligible as stated 4) and 5), must pay for the expense of the vaccinations. If you want to receive the vaccination, make inquiries at any hospitals or clinics.

Vaccination at Tokai Hospital: Reservation by phone is required.

Vaccination Date and Time: Only Wednesdays and Saturdays between Mon. 1 Oct. and Fri. 28 Dec.

Wednesday; 2:00 - 4:30 p.m., Saturday; 8:45 - 11:00 a.m. (except Sat. 3 Nov.)

Application: Apply to the reservation exclusive number (ph. 029-282-2615) by phone between 9:00 a.m. and 5:00 p.m. during weekday.

Inquiries: Tokai Health Center, ph. 029-282-2797

6. Health Checks for Residents

Jumin Kenshin (residents' health checks for tuberculosis, lung cancer, colon cancer, prostate cancer, liver inflammation, specific health checks, health checks for the elderly and lifestyle disease prevention health checks) will be held in October as listed below. Please be sure to bring a consultation ticket on the day.

Date and Place:

Mon. 15: Tokai Health Center

Tue. 16: Masaki Community Center

Wed. 17: Tokai Health Center

Sat. 20: Tokai Health Center

Mon. 22: Shirakata Community Center

Wed. 24: Tokai Health Center;

*Free shuttle bus will be provided from Ishigami Community Center.

Thu. 25: Nakamaru Community Center

Fri. 26: Funaishikawa Community Center

Sun. 28: Tokai Health Center

Wed. 31: Tokai Health Center;

*Free shuttle bus will be provided from Muramatsu Community Center.

Time schedule of a shuttle bus on Wed. 24 and 31 Oct.:

Ishigami/ Muramatsu Community Center ⇒ Tokai Health Center

Leaving at 9:00 a.m., 10:00 a.m., 1:00 p.m.

Tokai Health Center ⇒ Ishigami/ Muramatsu Community Center

Leaving at 10:30 a.m., 11:30 a.m., 2:30 p.m.

Reception Time: 9:30 - 11:00 a.m., 1:30 - 2:30 p.m.

Cost: Free

Others: If you received any health check between June and August, you may not receive the same check in October.

Application: Anyone wishing to have the checks who did not return the health check questionnaire sent out in January or who recently moved to Tokai Village should apply at the Tokai Health Center.

Inquiries: Tokai Health Center, ph. 029-282-2797

7. Venue for Parents and Children to Receive Assistance with Childcare

Date: Wed. 3 and 17 Oct.

Time: 9:30 - 11:30 a.m.

Place: Hyakutsuka Daycare Center

Eligible People: Children aged one and a half years old or under accompanied by a guardian who is a resident of Tokai Village.

Contents: Playing freely, Storytelling

Cost: Free

Others: Bring a drink and spare clothes.

Inquiries: Parenting Support Center at Hyakutsuka Daycare Center, ph. 029-270-5660 Reservations are not required.

8. Peter Pan Circle

The circle will be held for children to play among themselves, and their guardians to exchange different experiences and ideas through this circle.

Dates: Every Tue. to Fri. from Oct. 2018 to Mar. 2019

*Circle for 1 year old children: Every Thu. and Fri.

*Circle for 2 and 3 years old children: Every Tue. and Wed.

Time: 10:00 a.m. - noon

*You can leave freely after 11:15 a.m..

Place: Ozora Daycare Center

Eligible people: Children born between 2 Apr. 2014 and 1 Apr. 2017 and their guardian who live in Tokai.

Capacity: The first 50 pairs will be accepted daily.

Cost: Free

Other: Please bring your own lunch if you need.

Application and Inquiries:

Apply for Tue. classes on Tue. 2 Oct. 10:00 a.m. to noon

Apply for Wed. classes on Wed. 3 Oct. 10:00 a.m. to noon

Apply for Thu. classes on Thu. 4 Oct. 10:00 a.m. to noon

Apply for Fri. classes on Fri. 5 Oct. 10:00 a.m. to noon

Apply in person at Ozora Daycare Center. Applications will be accepted when the classes aren't filled even after the deadlines.

Inquiries: Ozora Daycare Center, ph. 029-287-3535

9. Admissions Information of Village Kindergarten for 2019

Eligible people:

- a) 3 years old children born between 2 Apr. 2015 and 1 Apr. 2016
- b) 4 years old children born between 2 Apr. 2014 and 1 Apr. 2015
- c) 5 years old children born between 2 Apr. 2013 and 1 Apr. 2014

* A lottery of 3-year-old children for too many applicants will not be held from next fiscal year.

Distribute Application: Available for pick-up from Mon. 1 Oct. at the kindergarten in your school area or Childcare Support Section in Tokai Village Office.

Childcare Fee: It will be decided by municipal resident tax of fiscal 2018.

Others: A confirmation document is required in case of your address will be changed on 1 Apr. 2019 due to moving. Only Tokai Muramatsu-Syuku Kodomoen will accept applications from out of the school area if there are availability.

Application: Filled out the application form and apply to the kindergarten of your school area.

-Tokai Muramatsu-Syuku Kodomoen; Mon. 22 - Wed. 24 Oct. for people live in the school area, Thu. 25 Oct. for people live out of the school area

-Muramatsu, Ishigami, Funaishikawa, Suwama Kindergartens; Mon. 29 - Wed. 31 Oct.

See more detailed information on the distributed material or website "Nobinobi

Kosodate-cho". (<http://www.tokai-kosodate.jp/>)

Inquiries:

- Muramatsu Kindergarten (Shirakata and Muramatsu Elementary School Area),
ph. 029-282-2867
- Ishigami Kindergarten (Ishigami Elementary School Area), ph. 029-282-3100
- Funaishikawa Kindergarten (Funaishikawa Elementary School Area),
ph. 029-282-2962
- Tokai Muramatsu-Syuku Kodomoen (Terunuma Elementary School Area),
ph. 029-282-3701
- Suwama Kindergarten (Nakamaru Elementary School Area), ph. 029-282-4631
- Childcare Support Section (Tokai Village Office), ph. 029-282-1711 ext. 1183

10. Rent a Grand Piano for Private Practice

The stage Yamaha grand piano (Yamaha CFIII-S) can be rented for private piano practice.

Date:

Fri. 5 and Mon. 8 Oct.

Tue. 13, 20 and Wed.7, 28 Nov.

Tue. 4, 11 and Wed.19 Dec.

Time:

1:00 - 8:00 p.m. on Tue. Wed. and Fri.

11:00 a.m.- 8:00 p.m. (except noon -1:00 p.m.) on Public Holiday

Place: Tokai Culture Center

Eligible people: Anyone who lives, works or goes to school in Tokai Village.

Cost: 200 yen per hour (one hour session for one person only)

*You can apply to two practice sessions per term (from Oct. to Dec. 2018).

*Reservations cannot be changed and the rental cost cannot be returned.

*Please contact Tokai Culture Center about additional use.

Application: You can apply from 9:00 a.m. on Sat.29 Sep. at Tokai Culture Center. And you should apply by 5:00 p.m. on the day before each available date (except closed days).

Reservations for any remaining vacant time slots may be made over the telephone after 1:00 p.m. on Sat. 29 Sep.

Inquiries: Tokai Culture Center, ph.029-282-8511

11. Hiking Tour to Mt. Bandai

Date: Sat. 13 Oct.

Time: Meeting at Fureaino-mori Park at 6:20 a.m.

Departure time: 6:30 a.m.

Place: Mt. Bandai in Inawashiro town, Fukushima Pref.

Eligible people: Anyone who lives or works in Tokai Village (including family living together) or belongs to SC Smile Tokai and is 18 years old or above.

Capacity: The first 25 applicants will be accepted.

Contents: Leaving Happodai trailhead to the top of Mt. Bandai. You can enjoy the colorful autumn leaves.

Cost: 7,500 yen for Smile Tokai members, 9,500 yen for the family living together of the Smile Tokai members, 11,000 yen for non-members.

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Fri. 28 Sep. to Wed. 10 Oct. (except Mon. 1 and Tue. 9 Oct.)

Inquiries: Tokai Gymnasium, ph.029-283-1001

12. Industrial Festival 2018 in Naka-city

Date: Sat. 27 Oct.

Time: 9:30 a.m. - 3:00 p.m. (canceled in case of bad weather)

Contents: Selling agricultural products, exhibition and selling of commercial and industrial goods, lottery etc.

Place: Central Community Center's parking lot in Naka-city (Fukuda 1819, Naka-city), Ichinoseki Tameike Water Park (Sugaya 4520-1, Naka-city)

Inquiries: Industrial Festival Committee in Naka-city, ph.029-298-1111